

THE BOOK ON MARRIAGE

# THE 5-YEAR ITCH

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**WEST CHESTER »** The smiling bride and groom looked radiant recently at Faunbrook Bed & Breakfast. Annmarie Kelly and Joseph Eagle were about to tie the knot for the seventh time, standing before an audience of about 20 friends and family members. They chose the wedding date because their 30th anniversary was Sept. 24, and they wanted their nuptials on the weekend, closest to the date. If it seems confusing that the couple was married

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Joseph Eagle and Annmarie Kelly talk about their five-year marriage arrangement. Every five years, the couple renegotiates their marriage contract to set goals and assess where they've been on their marital journey and they set goals for the next five years. Kelly recently released a book about their unique marital concept in 'The Five-Year Marriage: Shifting the Marriage Proposal.' The book is available at amazon.com.

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## Marriage

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seven times, yet just celebrated their 30th wedding anniversary, that's because they have wed and re-wed every five years throughout their marriage, following discussion, negotiations, a new five-year plan and a renewed commitment.

If it sounds a lot like a business contract, that's because it's meant to follow the same guidelines. Kelly is the author of "The Five-Year Marriage: Shifting the Marriage Paradigm." Released earlier this year, the self-published book is a "how to" guide for couples of all ages, teaching ways to respond to change during a married union or any long-term relationship.

Eagle, owner and founder of Ease Up massage therapy, is a former resident of Clifton Heights and Upper Darby. Author Kelly is a former resident of Havertown, Aldan and Upper Darby. Married for three decades total, the pair proclaims that they're in love, happily married, and best friends, and this five-year arrangement insures that they stay that way. They have become so proficient at their five-year incremental marriage that they've written the book to help and empower other couples who are looking to strengthen and renew the wedding promises that they made on their original special day. The book is for couples in traditional marriage who want to commit and recommit in a novel way and others in long-term relationships.

When the five-year marriage contract gets ready to expire, Eagle and Kelly decide what changes have to be made and implemented and what steps have to be put into the contract to reach five-year goals. If they both agree that they still want to be married and work through the kinks, another wedding happens at the five-year mark. Since their initial wedding in 1988, held in Kelly's backyard with about 30 guests in attendance, the couple has exchanged vows in a variety of places through the years— the chapel at Arlington Cemetery, Tyler Arboretum, Valley Forge Chapel, and the chapel at Neumann University, Kelly's alma mater.



Author Annmarie Kelly of West Chester talks about her recently released book, 'The Five-Year Marriage: Shifting The Marriage Paradigm.' Kelly is also the author of 'Victorious Woman: Shaping Life's Challenges Into Personal Victories' and 'Victory By Design: The Mid-Life Woman's Reinvention Guide.'

"I think that Neumann was Joseph's favorite," Kelly shared, glowing from the memory. "Father Jude Krill, OFM, married us there and it was really special. It was actually renewing our vows, but we never look at it like that. We look at it like getting married every time."

Kelly, nicknamed "the mother of modern marriage," said the book and the five-year method makes sense. At the end of each five-year period, it is healthy for a couple to verbalize what went well and what didn't in the past five year period. Talking, at length and heart-to-heart, is essential. At this point, husband and wife decide if they want to "get married" again to each other. They also set their goal of where they want to be in the next five years and how they're going to get there. The five-year method is not about destroying marriages, but rather a way to make the blessed institution healthier, happier and more nourishing to couples.

"There's a 48% divorce rate in this country," Kelly explained. "That rate would

be even higher if all the couples living together who split up were accounted for in the statistic. Also, there are many unhappy people who are still married, who may want a divorce, but don't file for one for a variety of reasons."

Kelly's book spells out a new concept in marriage, based on her own successful marriage to Eagle. The book guides couples how to get their Five-Year Marriage started, what to include in the five-year contract, tips for negotiating the contract, ways to help couples stick to the agreement and more. Kelly stated that the formula works for newlyweds, in addition to couples at every other stage of their marriage or relationship.

"The Five Year Marriage empowers couples to lead their best life using a method that enables them to recognize and respond to change—in their lives, their relationship and their marriage," Kelly explained. "The Five Year Marriage is for couples who are ready to commit—or re-commit in a whole new way."

Kelly is no newcomer to

success. The former Catholic elementary school teacher and real estate agent is the founder and owner of SkillBuilder Systems, as well as the Victorious Woman Project, which focuses on inspiration, education and encouragement by providing resources for "starting over" women and leadership skills for women in the workplace. She is a women's empowerment speaker and the author of two other books, "Victorious Woman: Shaping Life's Challenges into Personal Victories" and "Victory by Design: The Mid-life Woman's Reinvention Guide."

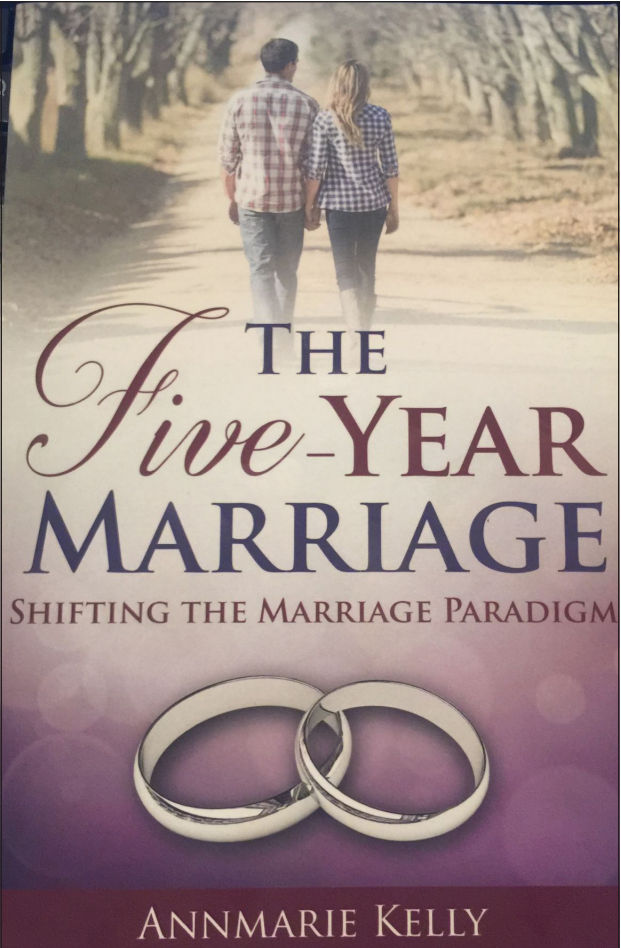
The author is a professional member of National Speakers Association, a Philadelphia chapter member of the American Society for Training and Development, Vice-President of the Mid-Atlantic Book Publishers Association, longtime member of the Delaware County Press Club and holds an advanced speaker designation (ACS) with Toastmasters International. For the past five years, Kelly had her own radio show. "Happy Hour with Annmarie" at WCHE in West Chester and recently moved her successful radio show format to "Victory Chicks Radio" Podcasts at [www.victoriouswoman.com/radio-wrapup/](http://www.victoriouswoman.com/radio-wrapup/).

"I hope this book inspires couples to rethink the way they've been married," Kelly remarked. "People need to view marriage as a partnership. Like in business relationships, meetings should be held every five years to address



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Author Annmarie Kelly and her spouse Joseph Eagle have a unique 30-year marriage based on a contract that they renegotiate and renew every five years. The couple said the five-year re-upping of their marital vows has been the key to a long and happy union.



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The new book by motivational speaker Annmarie Kelly empowers married couples to recognize and respond to change in their lives, their relationship and their marriage. 'The Five-Year Marriage: Shifting The Marriage Paradigm' is available through Amazon.com/.

changes and reset goals. Both parties must adjust and adapt to changes, both personally and as a couple, and re-negotiate. The husband and wife have to become proactive and consciously adjust the little issues along the way, so that they don't turn into big ones."

To book Kelly to speak

or find out more about "The Five Year Marriage," call 610-738-8225 or e-mail [annmarie@victoriouswoman.com](mailto:annmarie@victoriouswoman.com) or visit [www.fiveyearmarriage.com/](http://www.fiveyearmarriage.com/). "The Five Year Marriage" is available through [amazon.com](http://amazon.com), local bookstores and at area book-signings.